

HEALTH

Action for Blind People South West	01392 332818	Motor Neurone Disease Helpline	0845 7626262
Alzheimer's Society	01209 713980	Mount Edgecumbe Hospice	01726 65711
Association for Spina Bifida and Hydrocephalus	01726 861062	Multiple Sclerosis Society	01726 890483
Cornwall & Isles of Scilly Primary Care Trust	0845170 8000	NHS Direct	0845 46 47
Cornwall & Isles of Scilly Osteoporosis Society	01326 375615	Parkinson's Disease Society	01872 520306
Cornwall Partnership Trust	01726 291000	Scope Response	0808 8003333
Dental Helpline (24hrs)	01872 354375	Sexual Health Information Line	0800 567123
DIAL (disability information and advice line)	01736 759500	St John Ambulance	01726 815967
GU Clinic, Treliske	01872 255044	Stroke Association (SW region)	01392 447364
Health Promotion Service	01209 313419		

EDUCATION AND YOUTH

Adult Education	01726 226700	Family Information Service	0800 5878191
Bodmin College	01208 721114	K2 Youth Centre (11-20 yrs advice, clubs)	01752 842586
Connexions Cornwall & Devon	0800 9755111	Penwith College	01736 335000
Cornwall College Camborne	01209 611611	Playlines (play training, support clubs)	0845 6003930
Cornwall College St Austell	01726 226626	Truro College	01872 267000
Cornwall Community Venture Centre (Prince's Trust)	01209 710808	Young People Cornwall	01872 222447
Family Services (childminding, training)	01872 270477	Youth Cornwall (11 - 25 years)	01872 326312

HOSPITALS (for hospitals not listed tel: 01872 250000)

Camborne and Redruth Community Hospital	01209 881688	St Austell Community Hospital	01726 291100
Falmouth Hospital	01326 434700	Treliske Hospital	01872 250000
Newquay Hospital	01637 893600	West Cornwall Hospital	01736 874000

MENTAL HEALTH

Casull (Carers & Service Users Leaflet Line, Cornwall)	01726 823515	MIND	01872 222469
Mental Health/User Forums, CRCC	01872 243532	Nightlink, CRCC (seven days, 5pm to 12am - free)	0808 8000306

VOLUNTEERS

Age Concern Cornwall	01872 266388	Cornwall Centre for Volunteers, Restormel	01726 71087
Age Concern Voluntary Car Scheme	01872 223388	Cornwall Centre for Volunteers, Transport	01872 265300
British Red Cross (Cornwall)	01872 272471	Cornwall Community Volunteer Service	01209 718844
Cornwall Centre for Volunteers, Carrick	01872 263728	vinvolved (youth volunteering)	01872 242152
Cornwall Centre for Volunteers, North Cornwall	01208 79565	Volunteer Bureau, Camborne	01209 715464
Cornwall Centre for Volunteers, Caradon	01579 344818	Volunteer Bureau, Penzance	01736 330988
Cornwall Centre for Volunteers Kerrier	01209 217614	Women's Royal Volunteer Service	01579 342013

CHILDREN, YOUNG PEOPLE AND FAMILIES

Cornwall County Council Switchboard	01872 322000	Emergency Service (Out of hours)	01208 251300
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RURAL INFORMATION

Cornwall Federation of Womens' Institutes	01872 272843	Cornwall Young Farmers	01208 893080
Cornwall Rural Housing Association	01208 264530	Council for Protection of Rural England	01637 872467
Cornwall Sea Fisheries Committee	01736 369817	Falmouth Green Centre	07875 846159
Cornwall Waste Action (sustainable use of resources)	01736 334684	Ramblers' Association	01872 520368
Cornwall Wildlife Trust	01872 273939		

COUNCILS

Caradon District Council	01579 341000	Kerrier District Council	01209 614000
Carrick District Council	01872 224400	North Cornwall District Council	01208 893333
Cornwall Association of Local Councils	01872 260096	Penwith District Council	01736 362341
Cornwall County Council	01872 322000	Restormel Borough Council	01726 223300
Council of the Isles of Scilly	01720 422537		

ADVICE & SUPPORT ORGANISATIONS

AddAction Cada (Alcohol and drug agency)	01872 263001	Job Centre Plus:	
Alcoholics Anonymous (24 hour)	0845 7697555	<i>Job Seeker Direct</i>	08456060234
Anti-Bullying in Cornwall Helpline	0800 5875991	<i>Benefit Enquiry Line (disabled customers & carers)</i>	0800 882200
Arthritis Care	020 7380 6509	<i>New Claims Contact Centre</i>	08000556688
Beacon Care Centre (YP advice, relate etc)	01326 436630	<i>Benefits delivery Centre</i>	08456088624
BBC Radio Cornwall	01872 275421	LGBT (Lesbian, Gay, Bisexual, Transexual)	08456 020818
Breadline (benefits, housing, café, etc)	01736 366767	MacMillan Advice and Support Organisation	0808 8082020
Brook Advisory Centre, Cornwall	01209 710088	Mencap (learning disabilities)	01208 77760
Childline (up to age 18 yrs)	0800 1111	Narcotics Anonymous	0207 7300009
Cornwall Blind Association	01872 261110	New Claims Contact Centre	08000556688
Cornwall Church Action with the Unemployed	01326 572389	NSPCC (child protection line)	0800 800500
Cornwall Deaf Association (minicom text phone)	01872 263664	Penhaligon's Friends (children's bereavement)	0845 6071943
Cornwall Deaf Association (Telephone & fax)	01872 225868	Pre-school Learning Alliance (Cornwall)	01208 269512
Cornwall Deaf Childrens' Society	01209 842798	Pregnancy Counselling Service (9.30am - 12.30)	01872 222626
Cornwall Disabled Association	01872 273518	Relate	01726 74007
Cornwall Dyslexia Association	01872 274827	Royal British Legion	01872 260577
Cornwall Energy Efficiency Advice Centre	0800 512012	Salvation Army	01872 225734
Cornwall Friends Mobility Centre	01872 254920	Samaritans Cornwall	01872 277277
Cornwall Probation Centre	01872 326262	SHARE Bodmin (advice, counselling 13-25 yrs)	01208 79252
Cornwall Rape and Sexual Abuse	01872 262100	SHARE Camborne	01209 711500
Cornwall Women's Refuge Trust Helpline	01872 225629	SHARE Penzance	01736 361059
Council for Racial Equality	01637 852410	SHARE St.Austell	01726 69144
CRUSE Bereavement Care	01726 76100	Shelter (free helpline)	0808 8004444
DIAL (disability information and advice line)	01736 759500	Spectrum (autistic spectrum disorders)	01326 371000
Disability Cornwall	01736 756655	SSAFA Forces Help	01872 863078
ENABLE (physical and sensory impairment)	01208 77711	St Petroc's Society	01872 264153
Fishermen's Mission	01736 363499	Westcountry Housing Assoc (women 16 -30 yrs)	01872 260847
Freshfield Service Drug Counselling	0500 241952	West Cornwall Women's Aid (helpline)	01736 367539
Handyperson scheme (for disabled/elderly)	0845 6031676	Women's Rape and Sexual Abuse Centre	01208 77099
Home Improvement Agencies (for elderly/disabled)	01872 322004	YMCA (young people's housing)	01736 365016

CARERS

Carers' Break	01209 612521	Young Carers, CRCC (4 – 18 yrs)	01209 614956
Carers' Support, CRCC	01872 243531	Older Carer's Service (learning disabilities)	01872 264057